

Supplementary Online Content

Parsons JK, Zahrieh D, Mohler JL, et al. Effect of vegetable consumption on cancer progression among men with early-stage prostate cancer: the MEAL randomized clinical trial. *JAMA*. doi:10.1001/jama.2019.20207

eTable. Dietary Patterns in the Men's Eating and Living (MEAL) Study

eFigure. Additional Analysis of Dietary Patterns of Study Participants

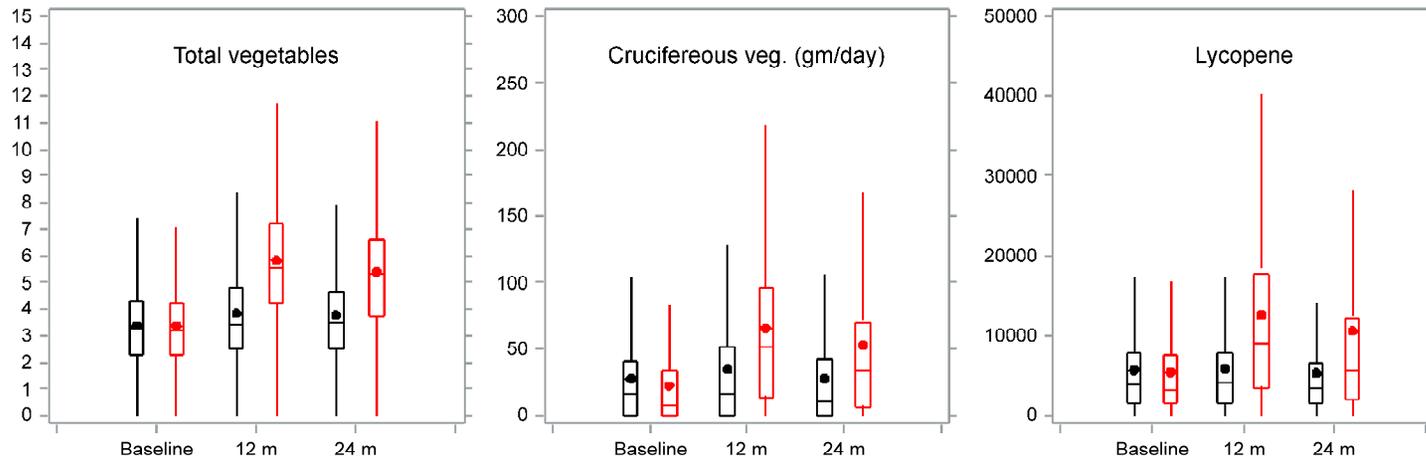
This supplementary material has been provided by the authors to give readers additional information about their work.

eTable. Dietary Patterns in the Men's Eating and Living (MEAL) Study (CALGB 70807 [Alliance])

	MEAL Intervention							Control				
	Baseline N =237	12-month N = 236		24-month N=233			Baseline N =241	12-month N = 240		24-month N=238		
	Mean (95% CI)	Mean Change (95% CI)	p- value*	p- value†	Mean Change (95% CI)	p- value*	p- value†	Mean (95% CI)	Mean Change (95% CI)	p- value*	Mean Change (95% CI)	p- value*
Energy (kcal/day)	2145.93 (2081.68, 2210.17)	-230.87 (-296.01, -165.72)	< 0.001	0.23	-250.01 (-315.43, -184.59)	< 0.001	< 0.001	2099.53 (2035.83, 2163.24)	-174.44 (-239.04, -109.84)	< 0.001	-130.3 (-195.08, -65.52)	< 0.001
Dark green vegetables (servings/day)	0.51 (0.41, 0.61)	0.64 (0.52, 0.76)	< 0.001	< 0.001	0.54 (0.42, 0.66)	< 0.001	< 0.001	0.42 (0.33, 0.52)	0.2 (0.08, 0.32)	0.001	0.14 (0.03, 0.26)	0.02
Deep yellow vegetables (servings/day)	0.18 (0.12, 0.23)	0.3 (0.24, 0.37)	< 0.001	< 0.001	0.19 (0.12, 0.25)	< 0.001	0.003	0.21 (0.15, 0.26)	0.06 (0, 0.13)	0.05	0.06 (-0.02, 0.11)	0.13
Tomatoes (servings/day)	0.54 (0.48, 0.61)	0.18 (0.1, 0.26)	< 0.001	< 0.001	0.06 (-0.02, 0.14)	0.17	0.02	0.56 (0.49, 0.62)	-0.04 (-0.13, 0.04)	0.30	-0.09 (-0.17, 0)	0.04
Legumes (servings/day)	0.24 (0.19, 0.29)	0.15 (0.08, 0.22)	< 0.001	0.02	0.18 (0.12, 0.25)	< 0.001	0.002	0.22 (0.16, 0.27)	0.03 (-0.03, 0.1)	0.32	0.03 (-0.03, 0.1)	0.32
Other vegetables (servings/day)	1.23 (1.1, 1.35)	0.64 (0.5, 0.79)	< 0.001	< 0.001	0.46 (0.31, 0.6)	< 0.001	< 0.001	1.23 (1.1, 1.35)	0.1 (-0.04, 0.24)	0.16	0.04 (-0.1, 0.18)	0.56
Vegetable juice (servings/day)	0.06 (0.03, 0.08)	-0.06 (-0.09, -0.02)	0.001	0.15	-0.06 (-0.09, -0.02)	0.001	0.001	0.10 (0.07, 0.12)	-0.1 (-0.13, -0.06)	< 0.001	-0.1 (-0.13, -0.06)	0.15
Cruciferous vegetables (gm/day)	22.5 (16.21, 28.79)	43.1 (35.21, 50.99)	< 0.001	< 0.001	29.86 (21.94, 37.78)	< 0.001	< 0.001	28.05 (21.81, 34.29)	6.44 (-1.39, 14.26)	0.11	-0.40 (-8.24, 7.45)	0.92
Cruciferous vegetables (servings/day)	0.32 (0.23, 0.41)	0.71 (0.6, 0.83)	< 0.001	< 0.001	0.5 (0.38, 0.61)	< 0.001	< 0.001	0.39 (0.3, 0.48)	0.12 (0.01, 0.23)	0.04	0.01 (-0.1, 0.12)	0.84
Total vegetables (servings/day)	3.38 (3.12, 3.63)	2.43 (2.17, 2.69)	< 0.001	< 0.001	2.01 (1.75, 2.28)	< 0.001	< 0.001	3.39 (3.14, 3.64)	0.45 (0.19, 0.7)	< 0.001	0.37 (0.11, 0.62)	0.006
Red meat (gm/day)	52.17 (46.2, 58.14)	-11.54 (-19.03, -4.06)	0.001	0.75	-7.34 (-14.85, .17)	0.06	0.42	52.64 (46.72, 58.56)	-9.83 (-17.26, -2.41)	0.01	-3.04 (-10.48, 4.4)	0.42
Fat (gm/day)	35.47 (34.61, 36.34)	-2.09 (-3.01, -1.17)	< 0.001	0.004	-1.77 (-2.69, -0.85)	< 0.001	0.003	34.93 (34.08, 35.79)	-0.17 (-1.08, 0.74)	0.71	0.21 (-0.7, 1.13)	0.65
Saturated fat (gm/day)	11.49 (11.11, 11.87)	-1.69 (-2.07, -1.3)	< 0.001	< 0.01	-0.94 (-1.33, -0.55)	< 0.001	0.003	11.38 (11, 11.76)	-0.44 (-0.82, -0.06)	0.02	-0.12 (-0.5, 0.27)	0.42
Lycopene (mcg/day)	5455.24 (4265.99, 6644.49)	7125.95 (5682.17, 8569.73)	< 0.001	< 0.001	5179.06 (3729.67, 6628.45)	< 0.001	< 0.001	5704.5 (4525.16, 6883.84)	135.55 (-1296.16, 1567.27)	0.85	-466.247 (-1901.6, 969.11)	0.52
Total carotenoids (mcg/day)	12103.3 (10485.63, 13720.97)	13839.31 (11960.15, 15718.48)	< 0.001	< 0.001	9687.87 (7801.18, 11574.57)	< 0.001	< 0.001	12284.62 (10680.43, 13888.81)	2030.79 (167.32, 3894.25)	0.03	324.728 (-1543.61, 2193.07)	0.73

* within-group changes, values at each follow-up compared to baseline; † changes in intervention compared to changes in control; p-values based on a mixed model analysis

eFigure. Additional Analysis of Dietary Patterns of Study Participants



The central box spans the quartiles and the line in the box marks the median, while the filled circle represents the mean. Lines extend from the box out to the smallest and largest observations that are not suspected outliers. Black = control group; Red = intervention group.